

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01155, Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Report Date: December 09, 2015 18:49 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	358	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Energy	kJ	1498	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	35.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	8.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	52.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1976
Sugars, total	g	52.19	--	--	--	--	--	--	--	--	Calculated or imputed	01092	02/2009
Minerals													
Calcium, Ca	mg	1231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	117	--	11.071	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Phosphorus, P	mg	985	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Potassium, K	mg	1705	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Sodium, Na	mg	549	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Zinc, Zn	mg	4.41	--	0.124	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Selenium, Se	µg	27.3	--	2.950	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.413	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	1.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.891	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	3.230	--	0.068	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.345	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total	mg	167.8	--	--	--	--	--	--	--	--	Calculated or imputed	01092	02/2009
Vitamin B-12	µg	3.99	--	0.327	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01092	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	01092	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01092	02/2009
Lipids													
Fatty acids, total saturated	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
4:0	g	0.026	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.006	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.007	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.017	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.013	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.078	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.220	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.080	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:1 undifferentiated	g	0.021	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.156	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
Fatty acids, total polyunsaturated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.018	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:3 undifferentiated	g	0.011	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1993
Cholesterol	mg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Amino Acids													
Tryptophan	g	0.495	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.584	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	2.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	3.438	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Lysine	g	2.784	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.880	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.694	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.694	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	2.349	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	1.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.952	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	1.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	2.663	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	7.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.743	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	3.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/1993
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003